

Home Demonstration Department

Conducted by
MRS. ANNA LEA HARRIS
Rockingham, Richmond County
North Carolina

During the summer there have been many requests from women of Richmond County asking for a good way in which citrons might be used in fruit cakes and in similar ways. I have recently secured a recipe that I think will be helpful to many of those people who have as supply of this fruit on hand. The citrus recipe follows:

To Dry With Sugar
Citron is useless in its natural state. For keeing for home use or for market it must be dried, and this should be done just before the fruit reaches maturity; while still green yet well filled out. Quater it and place in fresh

Poorly Nourished Women — They Just Can't Hold Up
Are you getting proper nourishment from your food, and restful sleep? A poorly nourished body just can't hold up. And as for that run-down feeling, that nervous fatigue, — don't neglect it!
Cardui for lack of appetite, poor digestion and nervous fatigue, has been recommended by mothers to daughters — women to women — for over fifty years.
Try it! Thousands of women testify Cardui helped them. Of course, if it does not benefit YOU, consult a physician.

water a day and a night. Drain and replace water several times, then boil for 40 minutes with a little alum and handful of citron leaves. Drain from this and boil in a mild syrup 40 minutes longer. At the end of this time add sugar, found for pound (with weight of citron itself.) Let this boil five or six minutes, then remove fruit and cook syrup until thicker. Dip the fruit in it again, and boil as before, and once more repeat the process before placing the citron in the sun to dry. Fill the hollow sides with sugar and let fruit remain in the hottest sunshine for many days as required to dry thoroughly, filling the hollows every few days with sugar.

Mrs. Anna Lea Harris,
Home Dem. Agent.

GREEN FIELDS IN WINTER
Better Crops and Better Living.

Land is the basis of nearly all wealth. If we are to have better living we must conserve and build up our soils. Nature built up the original topsoil by growing plants and trees. We can supplement the work of nature and build up the soil by growing the right crops and carrying out good practices that will supply the land with needed plant food and protect it against erosion.

The average acre-yields of all crops are low as compared to what they could be. A large number of farmers are content to cultivate large areas on poor soil, and to secure low yields when they could and should in many cases double or treble yields through

the adoption of better farm management.

It has been said that we are not doing all that is possible for the soils until our fields are green in the winter. Three to five dollars per acre invested in winter cover crops not only prevents erosion and leaching during the winter, but will provide more plant food for the next crop than an equal amount invested in fertilizer applied directly. However, it is usually profitable to fertilize crops grown for soil improvement. Fertilizer applied to winter crops has produced higher yields of corn following the cover crop, than when applied directly to the corn after turning under the cover crop.

Austrian Winter Peas and Vetch as a winter cover crop have proven their worth in Richmond County as a soil builder. Corn yields have been doubled in one year following these crops.
Austrian Winter Peas: Plant this crop during September and October using 25 to 30 pounds of seed per acre and inoculate the seed.

Vetch: Plant this crop during September and October using 20 to 25 pounds of seed per acre and inoculate the seed.

For additional information consult your County Agent.
J. P. Choplin,
Asst. County Agent.

HAMLET CATHOLIC CHURCH
Services at St. James' Catholic Church, Hamlet, every Sunday at 8 A. M. Holy Mass. Sermon Sept. 18th on "THE CHURCH AND THE BIBLE." Holy Communion. Sunday School.

Hebron Missionary Society

The Ladies Missionary Society of Hebron M. E. church on the Mt. Gilead circuit met Sept. 7th at the home of the Misses Matheson.

The meeting was presided over by the president, Mrs. T. B. Matheson. Subject of program, "Work of Women Leaders in Japan."
Interesting talks were given by Mrs. Colon Lisk, Mrs. D. N. Currie and Miss Bessie Matheson. Rev. B. F. Meacham also made a short talk, which as usual was good and gave us something to think on.

Ice cream and cake were served by the Misses Matheson after the meeting closed.

W. A. Wentz on Vacation

W. A. Wentz, who has been the Western Union operator here since Oct. 24, 1924, is on his two weeks' vacation, starting Sept. 14th. M. L. Hoffman, relief man from Gastonia, is in his stead for these two weeks.

Poultry and Eggs

Probable Price Trend Discussed.

As seen by the Sept. 1st report of the Bureau of Agricultural Economics, the outlook for poultry and egg prices until early 1939 on the basis data is (1) for chicken prices to continue at low levels relative to last year, and (2) for egg prices to increase in relation to 1937.

The feed-egg price ratio is expected to continue favorable to poultrymen, due both to the prospective large supplies of feed grains and the advancing price of eggs. The present corn crop is estimated slightly below 1937 but above the 10-year average. The wheat crop is the second largest recorded.

Cold storage stocks of poultry by Jan. 1st are likely to exceed those of 1937. The peak of egg storage holdings has been reached. These holdings are far below those of last year or most other recent years. This shorter supply of eggs, together with

some increase in consumers' incomes, will tend to maintain egg prices above 1937.

With the above facts in mind it will pay the poultrymen to cull their flocks closely and feed the good hens well in order to take advantage of the favorable feed-egg ratio. The present outlook seems to favor the egg producer but not the poultry meat producer.

J. P. Choplin,
Asst. County Agent.

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The '49rs set the pace for '39



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Today we still have our frontiers . . . in commerce, industry, agriculture and science. They are stubborn. They resist . . . but they yield — to those who have inherited the old-fashioned courage, vision and energy of our early pioneers. Other nations listen enviously as America continues to tell us, "There is opportunity for all."

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SEAGO'S BOTTLING CO., WHOLESALER

War Clouds Hovering Over Europe

It looks like Germany is preparing for another World War, and the spark may be ignited at any moment. Did you hear Hitler make his war speech over the radio Monday? It breathed fire and brimstone. It will be a miracle if fighting is prevented. The German dictator seems crazed and drunk with power. He stated in his speech that he has 278,000 men working night and day building concrete fortifications along the Rhine, and using 8,000 car-loads of material A DAY. Just think of it! Really, it is too terrible to contemplate. We here in America should earnestly pray to be kept out of the mess. But the chances are we'll be drawn in—likely with food, munitions and money and air-planes. The most of this next fighting will be in the sky, and but little mass movements of troops.

But while Europe is on the verge of war, we here in Rockingham and Richmond county should "keep our powder dry" as regards our cars. It is almost suicidal NOT to give attention to your head-lights. A slight defect may cause a wreck. And it can so easily be fixed. We are the light doctors. Bring your car here and have the lights tested—free and quick. It is a pleasure to serve you.

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- 2 Cans APPLE SAUCE
- 2 Cans PORK & BEANS
- 1 Can TABLE SYRUP
- 2 Cans TOMATOES
- 2 Cans RED BEANS
- 2 Cans PEAS
- 2 Cans CORN
- 1 Bag CORN MEAL
- 1 Pkg. PRUNES
- 1 Pkg. ROLLED OATS
- 1 Pkg. Pancake FLOUR
- 1 Pkg. TABLE SALT
- 1 Can BLACK PEPPER
- 1 Can CINNAMON
- 2 Pkgs. SPAGHETTI
- 2 Pkgs. MACARONI
- 2 Cans Carnation MILK
- 1 Bag BURCO FLOUR
- 6 Pkgs. GELATIN Dessert

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